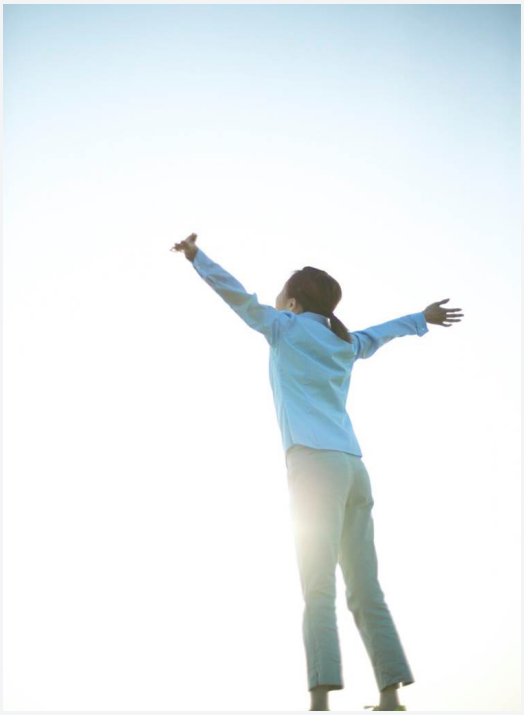

Walking to Wellness

Exercise for Physical and Emotional Health

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Walking to Wellness

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Walking to Wellness

Introduction

What is *Walking to Wellness*?

Although there are many books, Internet websites, and classes for people who want to increase their exercise, we noticed that most of these programs focus on physical health.

Walking to Wellness is a collection of information and activity guides to help you use physical activity to feel better physically and *emotionally*.

How can *Walking to Wellness* Help Me?

A brisk walk or other physical activity can improve your mood quickly and help you feel better for up to several hours. Regular walking can also help reduce anxiety and depression symptoms over long periods of time.

The suggestions in this collection are designed to help you learn to use exercise for emotional health. There are tip sheets that give you basic information about the benefits of exercise. These worksheets help you plan activity that fits your motivation and personal situation. The personal logs help you record your experiences so that you can learn what works best for you.

If you are already active, the suggestions in *Walking to Wellness* may help you enjoy exercise more and get more emotional benefit. If you have not been doing any regular physical activity, the activities are designed to help you start regular walking during the next four weeks. You may choose a different kind of exercise or progress at a different pace that is better for you. We especially recommend walking because it is easy and safe for most people and there is substantial scientific evidence that walking is good for physical and mental health.

Walking to Wellness

Walking for wellness is activity that you do in addition to any walking you must do for your daily chores, self-care, or work. You may feel that you are so stressed that you will not have time or energy to do any more. Can you give yourself 10 minutes at least 3 days during the next week? That's enough time to start some physical activity for your personal wellness. You do not have to make a big commitment to get started.

You may be able to use the *Walking to Wellness* materials as part of a wellness class or with a wellness coach. You may also use these materials on your own. Just like any other learning activity, you will benefit most if you read and think carefully about the information in the tip sheets and if you take the time to do the worksheets. Each person's situation and response to exercise is different. Completing the personal logs can help you observe how you respond to exercise and learn what seems to work best for you.

Follow your health care provider's advice about any activity limitations based on your health status.

Some Basic Facts: How does Physical Activity Affect Health?

Let's begin with a look at why "exercise is medicine." The tip sheet *Benefits of Exercise* (page 5) lists important benefits of exercise that have been discovered in scientific studies. Some of these benefits can be felt almost immediately, but others build gradually after several weeks of regular activity. Making time to be active almost every day will bring you slowly and surely to the most benefit from your efforts.

Your Personal Goals for Walking to Wellness

Were you surprised to find out about so many effects of exercise?

You now have the information you need to complete the first worksheet, *Benefits of Exercise for Me* (page 4). Write down some of the benefits of exercise that you feel are most important to you now and in the future. Can any of the effects of exercise help you today?

Walking to Wellness

Next week? Remember that some benefits of exercise are experienced immediately but others develop after several weeks of regular activity. How could the exercise you do today help you now? Next week? Next year?

Consider sharing your thoughts about this if there is someone who can encourage you.

Walking to Wellness: Benefits of Exercise For Me

The benefits of exercise most important to me *right* now are:

_____

_____

_____

_____

_____

Some benefits of exercise that might be important to me *in the future* are:

_____

_____

_____

_____

_____

Walking to Wellness

Benefits of Exercise

Exercise can give you immediate and long-term mind and body benefits.

Exercise helps you manage stress and feel better!

- Your brain releases more chemicals linked to positive feelings.
- You get relief from stress in the moment.
- Your brain circulates more blood and memory may improve.
- You can relax and sleep better.
- Your mood and confidence improve after completing even small exercise goals.
- Other tasks become easier to do because you have more energy.
- Exercise reduces pain and improves ability to move around.
- You can meet new people and see new places.
- Exercise improves blood sugar and blood pressure.
- Your heart, muscles and bones get stronger, and your belt size gets smaller.

Walking to Wellness

Before Exercise

Making time and getting ready for exercise can be the hardest part. Sometimes you will feel tired or not feel like getting up to start some activity. These tips can help you.

Get Motivated!

- Think about what matters most to you. Will a few minutes of exercise right now help you live life in a way that you value?
- It is okay to start small. A few minutes of exercise can start changes like a ripple in a pool of water. This can be as simple as walking around indoors for 5 or 10 minutes or dancing to a couple of songs.
- Plan ahead and remove barriers that can get in your way. Wear shoes you can walk in or keep walking shoes ready. Have a hat, umbrella, and sunscreen ready if you want to walk outdoors.
- Remind yourself, "If I don't exercise, I will miss a chance to improve my mind and body health today."
- Make a date to exercise with someone. You may be more likely to keep your promise if someone else is depending on you.
- If you don't feel like exercising, decide to do something very small, like walking around for a few minutes.
- Keep a diary or log of your wellness exercise. Rate your feeling state (-5 is very bad, -3 is bad,0 is neutral, + 3 is good, +5 is very good) before exercise.

Walking to Wellness

Getting Ready

What Kind of Exercise and How Much Is Necessary?

Many people want to know "What do I have to do?" and "How much exercise is necessary?" We now have a lot of information from scientific research to answer those questions and help you plan your exercise time in the best way for emotional, as well as physical, health.

Health experts say the amount of exercise that most adults need is a total of about 30 minutes of *moderate endurance exercise* most days. Endurance exercise includes walking, jogging, swimming, cycling, and other activities with repeated muscle movement that you can do for extended periods of time. The total of 30 minutes can be accumulated in several shorter periods of activity spread throughout the day.

How hard do you have to work out? Moderate exercise is hard enough so you feel your breathing increase and start to sweat. You can still carry on a conversation, but you don't have enough breath to sing out loud. As you gain experience, activity will get easier to do and you can do more at the same level of effort. Exercise is hard or vigorous if you are breathing hard enough so that you can't talk or sing. We do not recommend hard or vigorous exercise in this program.

A total of about 30 minutes per day of moderate endurance activity seems to be enough to improve or maintain emotional and mental health as well as physical health for most adults. This may not be the right goal for you.

How Much Exercise is Best for Me?

Spending a total of 30 minutes a day on most days walking or doing other moderate

Walking to Wellness

exercise may seem impossible. You may feel that you are too busy, or that you could never make yourself do it because you don't like exercise or getting sweaty. Perhaps you have a health condition like pain that limits your activity. In these situations, it's helpful to remember that you can exercise for shorter periods of time several times during the day. At least 10 minutes at a time seems best for experiencing immediate emotional benefits from exercise, but every minute counts for overall health.

Another way to think about it is that every step that you take will move you toward greater wellness. The scientific evidence shows that any activity is better than none. You can choose a plan that works for you.

If you have not been exercising regularly, be smart and safe—give yourself time to ease gradually into more activity. It may take several weeks of regular activity to feel comfortable with a moderate walking speed and effort.

Please read the tip sheets *Before Exercise* (page 6) and *During Exercise* (page 9). These have important information to help you get the most benefits from your physical activity. There are also tips to help you with motivation.

Walking to Wellness

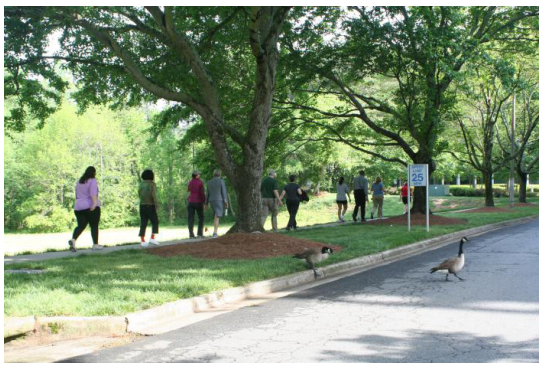
During Exercise

You can exercise anywhere. You can go for a brisk walk around your neighborhood. You can walk around in a big store or mall; you can play sports with family or friends. You can move while watching TV or at commercial breaks. Use these tips to get the best results.

Make Every Step Count!

- Warm up your muscles and joints for a few minutes. Then, set a pace that feels good or neutral (not painful or unpleasant).
- "Start low and go slow" is the best way to safely become more active. Increase time or effort very gradually.
- Wear comfortable clothes and shoes.
- Relax your mind. Try not to worry or solve problems. Stay in the moment and focus on the sensations in your body and around you. If your thoughts drift, gently bring them back to the moment.

- Adjust your exercise so it feels slightly hard but you can still talk and you do not feel stressed.
- Avoid "all or nothing" thinking. If you cannot exercise for 20-30 minutes, then do shorter sessions. You may feel best if you do at least 10 minutes of activity. But every minute counts! Sprinkle your day with activity breaks to feel and be healthier.



Walking to Wellness

After Exercise

After a workout, experienced exercisers often feel more energetic and at the same time relaxed. These tips can help you learn to experience the emotional benefits of exercise.

Relax and enjoy the moment!

- Slow down as you complete your workout. After exercising, slow, easy stretches can feel good and make you more flexible.
- To feel relaxed and be in a good mood longer, keep your mind in the moment. Celebrate every small success. Do not let your worries spoil the moment.
- Rate your feelings after exercise (-5 is very bad, -3 is bad, 0 is neutral, +3 is good, +5 is very good). Compare the number to your rating before exercise. Did you notice a change?
- Keep a diary or log of your activities. Each person's mental and physical response to exercise is different. Write what you learn about exercising for wellness every day. You will get more benefits out of exercise as you learn what works best for you.
- Exercise can help you sleep better. Stop any moderate or hard exercise at least 3 to 4 hours before bedtime to let your body wind down.

Walking to Wellness

Get Set!

How Do I Set Exercise Goals?

It can be hard to follow through and actually accomplish a wellness goal. If you ever made a New Year's resolution and then didn't keep it, you know that wanting to do something is not always enough to build and sustain the motivation needed to accomplish the goal.

There are some strategies that people can use to be successful in achieving a goal they feel is important to them. If walking for wellness is important for you right now, you can use these strategies to help you get started and stick with your plan.

First, it helps to be very specific about what it is that you want to do. Can you imagine yourself going for a 10 minute walk with the purpose of taking care of yourself? Where would you like to walk? What time of the day? What will you wear? Will someone be walking with you?

Planning the details of what you want to do will help you understand whether your plan is workable. This can also help you identify problems that could get in the way. For example, if you want to walk outdoors, what will you do if it's raining? Or if you plan to walk with someone, what will be your new plan if that person is not able to go with you?

We recommend that you write down your plans and include those details. We included the *Initial Plan* worksheet (page 12) for this purpose. You'll notice that the last entry on that page is a confidence rating. Be honest with yourself when you rate your confidence in achieving your goal. If your rating is less than 5, re-working the plan so that it's a little easier to achieve may help you be more confident and successful.

Walking to Wellness Initial Action Plan

My action plan (What I want to do this week. Be specific: what, where, how often)

What _____

Where/When _____

How Often _____

Two things that could make it hard to achieve my goal are:

1_____

_____

2_____

_____

What I can do to overcome these barriers:

1_____

_____

2_____

_____

I believe that I can achieve my goal:

1 2 3 4 5 6 7 8 9 10

Not sure at all Somewhat sure Very sure

Walking to Wellness

Week 1

Go ahead and try walking at a quick pace for at least 10 minutes (Or less if necessary because of your personal situation).

Did you feel some physical changes, such as your breathing and heart rate increasing a little after a few minutes? Were you able to keep going until you warmed up and could settle into what felt to you like a "moderately hard" but not "hard" level of effort? Did you reach a level of effort where you could still talk to someone but you could not sing out loud?

If you can answer "yes" to these questions, then you are probably at the "moderate" level recommended by health experts. This is a level that seems to be "just right" for most people to improve both physical and mental health.

After about 10 minutes of moderate exercise, as you slow down or when you stop to rest, you may notice more changes in physical and emotional sensations. These can include feeling more peaceful and relaxed and perhaps a bit tired. And, if the exercise was moderate and not too long or hard, you may be surprised that you also feel a new sense of mental and even physical energy.

Most people experience these changes as pleasant. Some have called these kinds of feelings the exercise "high". You may not experience these feelings at first. Read the tip sheets for some ideas that may help you experience and extend these emotional benefits of exercise.

Walking, Feeling, and Learning

Keeping a log of your walking or other activity for wellness during the next week can be well worth the effort. Are you willing to make a few notes about your experiences with walking for wellness for at least 3 days during the next week? Writing down your experiences can help you notice small changes and appreciate experiences that would otherwise be lost or forgotten in the noise of everyday life.

Turn to the *Walking to Wellness Personal Log* (page 16). Write in the information about the day of the week and the date, your feelings before exercise, what you did, and your feelings afterward. Use the comment space to make notes about what you experienced. This might include information such as:

Walking to Wellness

- Where you walked
- If you experienced any changes in emotions or physical sensations during or after walking
- Noticing something interesting in your environment
- If you walked with someone and whether you enjoyed the company or not

Later, when you review your log, you will see what you have accomplished. You may also begin to notice that certain experiences or places, time of day, amount of effort, or length of time being active are better for you.

Walking to Wellness Weekly Plan

My goal for the next week is (What I want to achieve):

_____

_____

_____

_____

Two things that I learned from my efforts in the last week:

1_____

_____

2_____

_____

My action plan for this week (What I want to do this week. Be specific: what, where, how often)

What _____

Where/When _____

How Often _____

I believe that I can achieve this goal:

1 2 3 4 5 6 7 8 9 10

Not sure at all Somewhat sure Very sure

Walking to Wellness

Personal Log

Rate your feeling state before and after activities, using this scale: -5 means very bad, -3 is bad, 0 is neutral, +3 is good, and +5 is very good.

Day/ Date	Feeling Rating Before	Actions Taken (What I did, such as time spent walking, step count, other wellness activities)	Feeling Rating After	Comments (Where I went, who I was with, what I saw, challenges, successes)

Walking to Wellness

Week 2

Looking Back

As you start a new week, look back at what you did, how you felt, and what you learned during Week 1. Were you able to meet your activity goal? Are you ready to do more? Was your plan too ambitious?

Thinking about the past week can help you set new goals or action plans that fit better with what you are able to do. Setting a goal that is too hard can leave you feeling discouraged. Most people feel better if they set a series of small goals that allow them to experience success.

Look at your record of feelings before and after exercise. Did you notice a positive change in your feeling state on at least some of the days you walked for wellness? Did any of your experiences surprise you?

For example, people often feel better after they are physically active, even if they didn't especially enjoy the activity while they were doing it. Another experience that may surprise you is that, if you feel especially bad before exercising, you experience even greater mood improvements after going for a brisk walk or doing some other moderate physical activity.

Achieving your goal to be active even when you don't feel like walking can give you a sense of satisfaction that you accomplished something important to you. Over time these accomplishments help improve or maintain your emotional health.

Remember that "exercise is medicine." People don't wait to take a new medicine until they start feeling better, right? They take it right away to help the problem.

Don't wait until you "feel like" walking or doing other physical activity, "Just do it!" You may notice that you feel better almost immediately or it may take a couple of weeks of fairly regular activity before you begin to notice any changes.

Walking to Wellness

Moving Forward

As you begin Week 2, we recommend that you review the tip sheets *Before Exercise* (page 6) and *During Exercise* (page 9). Then read the *After Exercise* (page 10) tip sheet for more information that may help you enjoy your exercise time. It is time to complete a *Walking to Wellness Weekly Plan* (page 19). What are you ready to try this week? How often will you walk? For how long? How far? Do you want to try tracking your activity with a step counter?

Do you believe you can achieve your goal? If your confidence rating is low, consider an easier goal.

When you are ready for the first walk for wellness this week, start your new *Personal Log* (page 20) to record your activity and experiences.

Walking to Wellness Weekly Plan

My goal for the next week is (What I want to achieve):

_____

_____

_____

_____

Two things that I learned from my efforts in the last week:

1_____

_____

2_____

_____

My action plan for this week (What I want to do this week. Be specific: what, where, how often)

What _____

Where/When _____

How Often _____

I believe that I can achieve this goal:

1 2 3 4 5 6 7 8 9 10

Not sure at all Somewhat sure Very sure

Walking to Wellness

Personal Log

Rate your feeling state before and after activities, using this scale: -5 means very bad, -3 is bad, 0 is neutral, +3 is good, and +5 is very good.

Day/ Date	Feeling Rating Before	Actions Taken (What I did, such as time spent walking, step count, other wellness activities)	Feeling Rating After	Comments (Where I went, who I was with, what I saw, challenges, successes)

Walking to Wellness

Week 3

Understanding What You Have Learned While Walking to Wellness

You now have 2 weeks of experience! What have you learned about walking or other activities for personal wellness? Is it more energizing or relaxing than activities that you do around the home—like cleaning, cooking, or caregiving—or at work? Is there a time of the day when it is easier to fit walking for health in your schedule, or that's more comfortable for you? Do you prefer walking indoors or outdoors? Have you noticed anything interesting about walking you wanted to tell someone else?

You may notice that sometimes your feelings don't change much after exercising. This may be more likely to happen if you are active for less than 10 minutes, your activity does not require much effort (such as a slow walk), or if your mind is distracted by worries and negative thoughts. This may also happen if you feel fairly good before you start, giving you little room for improvement.

Following Through

Everyone who exercises for wellness learns that some exercise activities are more enjoyable than others. Following through on personal commitments to walk or do other wellness activities day after day, even when you don't feel like it, builds emotional strength and confidence that can help you in other parts of your life.

Consider a lesson from the story of the race between the turtle and the rabbit. The turtle started out going slow but kept up a steady pace all day long. The rabbit was so sure that he would win that he put off getting started, ate too much, and took a nap. Late in the day, he finally started out, thinking he could easily pass the slow turtle. But even though the rabbit could move fast and leap long distances, he wasn't able to catch up, and the turtle reached the finish line first! You can succeed in walking to wellness by making time to walk, at least briefly, every day and not

giving up even if your progress seems slow.

Next Steps

As you begin Week 3, it's time to write down your goals and plans for this week. Are you ready to commit to being active at least 10 minutes every day? 20 minutes total on most days? 30 minutes 3 times during the week? What will work for you? Don't forget to start a new *Personal Log* (page 24) as well.

Walking to Wellness Weekly Plan

My goal for the next week is (What I want to achieve):

_____

_____

_____

_____

Two things that I learned from my efforts in the last week:

1_____

_____

2_____

_____

My action plan for this week (What I want to do this week. Be specific: what, where, how often)

What _____

Where/When _____

How Often _____

I believe that I can achieve this goal:

1 2 3 4 5 6 7 8 9 10

Not sure at all Somewhat sure Very sure

Walking to Wellness

Personal Log

Rate your feeling state before and after activities, using this scale: -5 means very bad, -3 is bad, 0 is neutral, +3 is good, and +5 is very good.

Day/ Date	Feeling Rating Before	Actions Taken (What I did, such as time spent walking, step count, other wellness activities)	Feeling Rating After	Comments (Where I went, who I was with, what I saw, challenges, successes)

Walking to Wellness

Week 4

If you have been active for three weeks, you are well on your way! You may feel that what you are doing is working for you and would like to keep it up for a while. Some people like to have a comfortable routine for their activity. Or perhaps you feel you have made good progress but are ready to try something new. Some people become bored with doing the same walk or the same activity. Walking in a new place or at a different time of day or listening to a different kind of music while you walk may help you perk up your motivation.

Information at your Fingertips

If you want more information, you can find many good resources on the Internet. The United States Centers for Disease Control and Prevention and the National Institutes of Health have many suggestions, pictures, and even internet videos to help you learn about exercise and build a program that includes different types of exercise.

There are opportunities to track your exercise on the Internet and to learn about other people's experiences. We have included a tip sheet (page 29) with some of the Internet sites that we recommend for you to explore. If you don't use computers, perhaps someone in your family or a friend can help you look for this information on their computer and print it for you. Don't forget to share your plans with your healthcare provider and consider their suggestions for adjusting activity for your health conditions.

Mindful Walking for Wellness

There is one more way to use physical activity for wellness we would like for you to consider. What do you think about when you exercise? Many people don't even notice what their mind is doing most of the time. Walk around for a few minutes and try to be aware of the different thoughts that come into your mind. Perhaps

Walking to Wellness

you are thinking about your "to do" list. Maybe you are remembering an event that you would rather forget or trying to solve a problem.

Our minds are naturally programmed to work all the time. Our brains quickly make sense of information that might help us to be safe or accomplish our goals. The mind often acts like the driver of a car speeding down the highway. We are usually able to get where we want to go, but rarely take time to slow down to look at the scenery as we pass by. Driving "mindlessly" we avoid some unpleasant things, but we also miss many beautiful things.

"Mindfulness" is the word used to describe making an effort to slow down and focus in on the present moment. People who try to live more of their lives in a mindful way often find that they begin to experience more positive feelings. Researchers have found that mindfulness is good for physical as well as mental health. Slowing down the mind and focusing on just one thing at a time is restful and healing.

Mindfulness can be combined with walking and some other physical activities to bring the benefits of both into our lives throughout the day.

Are you willing to try some mindful walking? Read the *Mindful Walking* tip sheet (page 30), then set aside a time to follow the suggestions. Remember that it will take repeated practice to learn and be comfortable with mindfulness. Some people find that it is easier to learn and practice mindful walking if they listen to an audio recording that guides their practice. You can find mindful walking instructions free on the internet or in books and popular magazines.

As you set your goal and action plan for Week 4, consider including at least one mindful walking experience. Practicing for at least a few minutes every day gives you an even better chance of enjoying this special way to experience walking and living. If you are willing to make a longer commitment to *Walking for Wellness*, a monthly goal form (page 27) is included.

Walking to Wellness Monthly Plan

My goal for what I want to achieve in the next 4 weeks is (For example, start walking at least 15 minutes on every weekday to improve my health):

_____

_____

The two best things that can happen if I achieve my goal:

1_____

2_____

How I will achieve my goal in the next 4 weeks (Be specific: what, where, how often)

What _____

Where/When _____

How Often _____

Two things that could make it hard to achieve my goal are:

1_____

2_____

What I can do to overcome these barriers:

1_____

2_____

I believe that I can achieve my goal:

1 2 3 4 5 6 7 8 9 10

Not sure at all Somewhat sure Very sure

Comments:

_____

Consider sharing your goal and your plans with someone who can encourage you.

Walking to Wellness

Personal Log

Rate your feeling state before and after activities, using this scale: -5 means very bad, -3 is bad, 0 is neutral, +3 is good, and +5 is very good.

Day/ Date	Feeling Rating Before	Actions Taken (What I did, such as time spent walking, step count, other wellness activities)	Feeling Rating After	Comments (Where I went, who I was with, what I saw, challenges, successes)

Walking to Wellness

Websites for Health, Wellness, and Physical Activity Information

These websites are taxpayer supported, scientifically accurate, and will not try to sell you products or services.

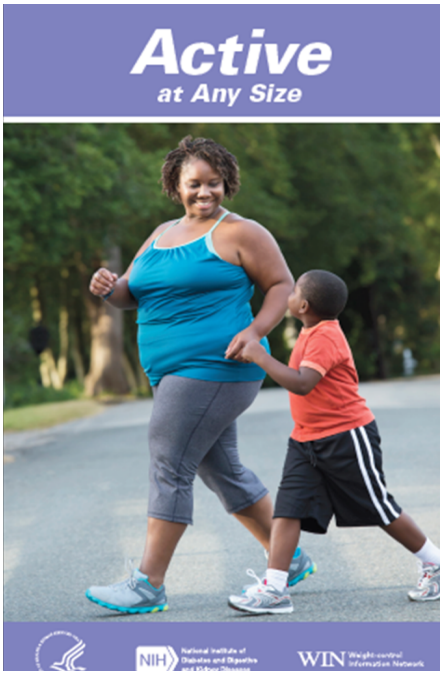
- **NIH: Health Information.** This website provides practical health news and tips based on National Institutes of Health research. http://health.nih.gov

- **NHLBI: Education and Awareness.** This website provides practical health news and education based on National Health, Lung, and Blood Institute research. http://www.nhlbi.nih.gov/health/educational

- **CDC: Healthy Living.** This website provides health news and tips based on Center or Disease Control and Prevention data and research. http://www.cdc.gov/HealthyLiving

- **Go4Life.** This website is designed to help you fit exercise and physical activity into your daily life. https://go4life.nia.nih.gov/

- **Exercise & Physical Activity: Your Everyday Guide from the National Institute on Aging.** This guide is the centerpiece of Go4Life, NIA's national campaign to help you fit exercise and physical activity into your daily life. http://www.nia.nih.gov/health/publication/exercise-physical-activity/introduction



Walking to Wellness

Mindful Walking

- Find a time when you have at least 10 to 15 minutes and do not expect to be interrupted. A nice place outdoors, like a quiet walking trail, track, or a long driveway is good, but walking short distances back and forth indoors is perfectly okay too. Choose comfortable clothing and shoes.

- Being mindful means paying attention to what is happening at the moment. You can do this while you walk. Start by standing still and turning your mind's focus to how it feels to be standing there. Let your arms and knees relax. Feel the sensations of your feet on the ground or on the floor. Notice your breath going in and out of your lungs. Sway back and forth a little and notice how your feet, legs and the rest of your body adjust as you move.

- Begin walking, slowly at first, and try to keep your attention focused on the sensations of your feet, legs, and your body moving forward. Lift and move one foot at a time to help you notice all the sensations of the pressure against the soles of the feet, the muscles of the legs, your breath moving in and out. Don't try to decide if the sensations are good or bad, pleasant or unpleasant; just notice these feelings and how they change as you move.

- From time to time, stop and notice what is happening in your environment. What do your eyes see, what do your ears hear? Do you feel warmth from the sun or a chill from the wind?

- Your mind will almost certainly drift to other thoughts, such as "My knee hurts" or "I need to remember to change my clinic appointment" or "Why am I doing this?" Gently bring youlr mind back to your chosen focus—such as your body moving as you walk, or your breath moving in and out.

- An important part of the healing power of mindfulness is the ability to accept whatever thoughts or feelings arise without trying to get rid of unpleasant ones or to hold on to pleasant ones. These thoughts are like a hook—you

Mindful Walking

might take a nibble, but don't bite the hook. Just notice them in a curious but accepting way; don't get involved with them.

- When your walking time ends, stop for a few minutes and again focus on your body standing still, with whatever sensations and feelings arise. Some people like to set a timer on their watch or phone to chime at the end of the chosen time.

- Walking mindfully is actually much more difficult than it might seem. It takes practice. Be patient with yourself. Don't be discouraged. Try mindful walking at different times and different places. Write down what you tried, how you felt, and what you learned.

Walking to Wellness

Conclusion

If you have completed the *Walking to Wellness* activities, you have earned a respectful "Congratulations!" We hope that you have learned some new ways to help you use walking and other movement for mind and body wellness. You can choose to continue or work toward different kinds of wellness goals. For example, if you didn't use an activity tracker for your wellness walking, you might want to try wearing a step counter or other activity monitor and track your activity each day. If you have a computer or smartphone, you can link activity monitors to these devices and get encouraging messages. You can choose to share goals and achievements with friends and family.

You might wish to learn more about special exercises for your health conditions, such as managing pain or improving your balance to prevent falls. You might be thinking about joining a fitness center or a group of people who walk or do other activities together. You may want to try learning to apply mindfulness in different ways.

There are many ways to improve physical and emotional health, and the activities in this collection only include a small number of possibilities. We hope you will want to explore and keep moving forward in different ways toward mind and body wellness.

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